

Spring 2016

Wellness Works!

A seasonal source for fitness, health and wellness information.

The Enrichment Center of Lee County - 1615 S. Third St., Sanford, NC 27330 919-776-0501

2016 SENIOR GAMES

Registration for the 2016 Senior Games & Silver Arts of Lee County will be held in April.

Online registration will be available this year too! These games showcase both athletic and artistic events so we have something for everyone!

The games are open to any resident of Lee or surrounding counties that is 50 years old or better. For more information contact Jimmy Solomon our local coordinator at 919-776-0501 ext. 2207.

Join us and have some fun!
Come out and support our talented seniors!!

LIVING HEALTHY WITH DIABETES

This is a free evidenced based class developed by Stanford University. You will learn relaxation techniques; get help with managing your symptoms and monitoring your blood sugars, and discover how to eat healthier.

Our next class will meet at the Enrichment Center on Thursdays from 2:00 to 4:00 pm beginning March 31, 2016. Call 919-776-0501 ext. 2201 to register or stop by the front desk. Another class will be offered later this year. Inquire at the front desk for the dates!

The Enrichment Center of Lee County
1615 S. Third St., Sanford, NC 27330. 919-776-0501 www.lee-countync.gov/ec
Fitness Instructors: Kathy McLeod-Edwards & Cathy Andrew

UNLEASH THE POWER OF AGE!

SENIOR CENTERS ~ *Experts at Living Well*

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Choosing Healthy Meals As You Get Older

Making healthy food choices is a smart idea for everyone. Food provides crucial nutrients we need as we age. Use these tips to choose the best foods for better health.

Drink plenty of liquids. With age we may lose some of our sense of thirst. *Drink lots of water!* Juices and milk can also help us stay hydrated.



Make eating a social event. Meals are more enjoyable when we eat with others. Call a friend, take part in a potluck, or check into the diners club here at the Enrichment Center.

Plan Healthy Meals. You can get trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what foods to choose and portion control based on dietary guidelines for Americans.

Vary your Veggies. Include a variety of different colored vegetables on your plate. Most vegetables are a good low-calorie source of nutrients and a great source of fiber.

Use herbs and spices. Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may be that your senses of smell, or taste, have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.



No Bake Energy Bites

Ingredients

- 1 1/2 cups quick cooking oats or rice krispies.
- 2/3 cup peanut butter
- 1/3 cup honey
- 1 cup shredded coconut flakes
- 1/4 teaspoon ground cinnamon
- 3/4-1 cup mini chocolate chips

Directions

- Add the rice krispies (or oats) to a bowl, & crush lightly with your hand or potato masher.
- Add remaining ingredients and mix well.
- Chill in the fridge for about an hour. Then form into balls. Serve & Enjoy!

Source: www.5dollarinners.com/gluten-free-no-bake-energy-bites/



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Exercise & Everyday Activities Go Together

Exercise and physical activity are good for your health. In addition, improving your endurance, strength, balance, and flexibility can help you do many of your everyday activities. For example...

Endurance or aerobic activities increase your breathing and heart rate. These activities will make it easier for you to:

- ◆ Push your grandchildren on the swings
- ◆ Vacuum or rake leaves



Balance exercises can help you:

- ◆ Stand on tiptoes to reach something on the top shelf
- ◆ Walk up and down the stairs
- ◆ Walk on an uneven sidewalk without falling

Strength training can maintain your ability to:

- ◆ Carry a full laundry basket from the basement to the second floor
- ◆ Carry your smaller grandchildren
- ◆ Lift bags of mulch in the garden



Flexibility, or stretching, exercises make it possible for you to:

- ◆ Look over your shoulder to see what's behind you as you back the car out of the driveway
- ◆ Make the bed
- ◆ Bend over to tie your shoes

There are lots of ways to be active each day. Even small changes can make a difference. Find something you enjoy doing and make an active lifestyle a priority! It's fun and you'll feel better too!

Source: Go4Life - a registered trademark of the U.S. Department of Health and Human Services



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Our Fitness Programs Rock!

Come Try a Class for FREE!

Low Impact Aerobics & Toning Classes

\$10 per month.

Tuesday/Thursday 9:00 a.m.

Monday/Wednesday 5:30 p.m. *

Stretch & Tone

Tuesday/Thursday 11:00 a.m. No Charge.

The Fitness Room**

Monday—Thursday 8:00 a.m. - 8:00 p.m.

Friday 8:00 a.m. – 5:00 p.m.

\$1.00 per daily visit – Equipment orientation required. See front desk for appointments.

Walking Trail – ¼ mile around the perimeter of the property. No Charge.

Fitness Yoga

Mondays 8:30 a.m. **OR**

Tuesdays 5:30 p.m. **OR**

Fridays 8:30 a.m.

\$15 per month/one class per week

(*Evening Aerobics replaced with water aerobics during June, July & August)

(**Fitness room is open to Lee Co. residents age 50 and better. All adults are welcome to fill available class spaces)

FRONT ARM RAISE



1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

TIP:

As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.

This exercise for your shoulders can help you put things up on a shelf or take them down more easily.

Source: Exercise from Go4Life - a registered trademark of the U.S. Department of Health and Human Services

